

AMENDMENTS TO THE SPECIFICATION:

On page 1, immediately following the title, please insert the following:

CROSS REFERENCE TO RELATED APPLICATION

This is the U.S. National Phase of PCT/IB2005/050103 filed January 10, 2005, that claims priority from Swiss patent application CH 00044/04, filed January 13, 2004, the entire disclosure both of which are incorporated herein by reference.

The paragraphs beginning on page 1, line 19 have been changed as follows:

Tests and observations show that a natural walking movement follows more or less the following sequence. When the heel is placed on the ground, the foot rests on the outer edge of the heel. The foot then rolls inwards at an angle to the direction of walking, until pushing off again from the ball of the foot and ~~large~~ big toe oriented towards the centre between the two feet. The load placed on the sole of the foot moves across the diagonal thereof. From the heel, which is loaded outside, the line of loading moves diagonally inwards across the sole of the foot all the way to the ball of the foot and the ~~large~~ big toe.

This is so is also confirmed by the footprint of a healthy person. A ~~childs~~ child's footprint is still often correct since the heel, the outer edge of the foot and the whole ball of the foot together with the toes can be seen in a footprint, but not the area below the instep. Older people often have other footprints that result from incorrect posture and incorrect heel-to-toe movement of the feet.

In a civilized population, accustomed for generations to wearing shoes from early childhood, a deformation of the feet can be seen from the following feature: The ~~large~~ big toe is directed outwards away from the centre line between the two feet. It is also known that, in

primitive tribes, the ~~large~~ big toe is always oriented towards the ~~centre-line~~ centerline between the two feet. The reason for this must be that the ~~large~~ big toe, in this position, is better able to support the ball of the foot when pushing off.

This twisting of the load exerted on the foot is not found in the population of civilized societies accustomed to shoes and to hard and flat surfaces. When walking on flat surfaces, the flat sole forces the foot into a straight heel-to-toe movement. The lateral load changes and the rolling movement in the lateral direction becomes negligible over time. This false rolling movement has to be compensated by knee joints and hip joints and also by the spinal column, and this in turn has the consequence that the whole system of locomotion is incorrectly loaded because of the incomplete rolling of the feet. As a result of this, our society suffers ~~form~~ from all kinds of posture-related conditions with painful arthrosis and problems of the spinal column.

The paragraph beginning on page 3, line 7 has been changed as follows:

Fig. 1 shows the structure of ~~the~~ a shoe,

The paragraph beginning on page 3, line 15 has been changed as follows:

Fig. 4 shows ~~the~~ a left shoe,

The paragraph beginning on page 3, line 26 has been changed as follows:

Fig. 8 shows a cross section through the toe part of ~~the~~ a right shoe,

The paragraph beginning on page 4, line 21 has been changed as follows:

Fig. 18 shows a cross section through the heel part of the right shoe, the twisted plate and hard inclusion, and

The paragraphs beginning on page 6, line 14 have been changed as follows:

The twisted plate ~~can~~ may be shaped in different ways. If the planes of the midsole bottom 11 and of the sole bottom 13 transverse to the walking direction are parallel, the twisted plate, as shown in Figures 13, 15, 16 and 18, will have different thicknesses across its surface. The resilient midsole 12, 16 is then harder at the places of great thickness of the twisted plate 16 (e.g. Fig. 16, right) and softer at thin places thereof (e.g. Fig. 16, left).

The flat twisted plate 16, as shown in Figures 2 and 3, is either connected to the sole bottom 13, as is shown for example in Figures 5, 6, 7, 8, 9, 10, or it is connected to the midsole bottom 11, which then assumes the form of the twisted plate 16.